



Get the
SCOOP on
managing
stress.

Stay connected to family and friends.
Compassion for yourself and others.
Observe your use of substances.
Ok to ask for help.
Physical activity to improve your mood.

If you are feeling overwhelmed with emotions such as sadness, depression, and anxiety, Hope4NC Helpline (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis. Hope4NC is now available 24 hours per day, seven days a week to speak to a live person.

Additional resources in North Carolina:

Hope4Healers Helpline
919-226-2002

National Suicide Prevention Lifeline
1-800-273-TALK or 1-800-273-8255

Alcohol and Drug Council of NC (ADCNC)
TEXT: 919-908-3196 or CALL: 800-688-4232

Problem Gambling Hotline
877-718-5543

NC4Vets
844-NC4-VETS or 844-624-8387

NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services:
PHONE: 984-236-5300
TOLL FREE: 855-262-1946
SPANISH: 800-662-7030
EMAIL: dmh.advocacy@dhhs.nc.gov